



Kick Off 2017 right by **Sweatin' N Dancin'** off the Holiday Pounds!

This 30 minute medium intensity total body cardio class will incorporate strength, resistance and toning techniques as well as elements of dance. Old school tunes will provide the soundtrack for class. Be prepared to have fun, increase your stamina and sweat-a lot. All fitness levels welcome!!!!

What

All Levels

\$22 Residents

\$26 Non-Resident

Each class (Mon. or Tues.)

When

Monday Classes

01/02/17–01/30/17

Tuesday Classes

01/03/17–01/31/17

No Class 1/16/17 & 1/17/17

Time: 6pm

Registration Ends

Monday Class 12/30/16 at 5pm

Tuesday Class 01/03/17 at 5pm

Where

Robbins Recreation Center

512 S. Hargrave Street

Lexington, NC 27292



*Strength
& Toning*

Kassandra Lockhart
Certified Instructor

**FOR MORE INFORMATION
CALL 336-248-3960 OR WWW.LEXINGTONNC.GOV**